ENJOY AMAZING HALAL SEX!

GREAT SEX KEEPS THE HEART OF MARRIAGE ALIVE

LAYLA RASHID

Copyright © 2014 By Layla Rashid
All rights reserved
The moral right of the author has been asserted
No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, without the prior permission in writing of the publisher nor be otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser. All exclusive rights belong to the author.

ENJOY AMAZING HALAL SEX!

Great Sex Keeps The Heart Of Marriage Alive

Layla Rashid

Contents

Introduction
Benefits Of Sex
Married People Have Better and More REGULAR Sex!
1- LADIES FIRST!
2 – GET HER FIRED UP!
3 – GO REEEAL SLOW!
4 – be a wild animal with her!
5 – DON'T BE SHY WITH HIM!
6 – think dirty, talk dirty, be dirty!
7 - Marriage Is The Greatest Opportunity To enjoy sex
8 - Give Her Great Service And She'll Keep Buying!
9 – find your wife's erogenous zones
10 – women have erections like men!
11– stimulate her in more ways than one!
12– have hot showers and bathe together, before and after sex
13 – mutually masturbate each other!
14 – grind her! she'll love it!
15 – change the place you have sex!
16 – GOOD SMELLS TURNS WOMEN ON
17– play a game
18 – role play sex
19 – short breaks from each other and no sex can revitalize the relationship!
20 – touch her heart and she'll let you touch her vagina!
21 – make noise when he/she pleases you
22 – (I) go to the shallow end
23 – (II) go to the shallow end
24 - Variety Is The Spice Of life
25 – allow her arousal to flow through her body
26 – kiss and caress her all over
27 - Compliment Her Body During Sex
28 – play with her breasts
29 – use a mirror during sex
30– eat eggs to produce harder and faster erections
31 – how to get long, hard erections
32 – arouse her with your behaviour
33 – sleep naked together
34 – wear sexy lingerie
35– reenact your wedding night
36 – make a movie
37 – use lubricants
38 – wife on top positions are the fastest ways for her to have an orgasm
39 – ways for 'him' to last longer in bed
40 – do pc muscle exercises
41 – make your wife ejaculate!
42 – do women have sexual desires? can they climax, too?
43- again! it's in your Best interest as a husband to fulfill your wife's sexual desires
if your wife is a virgin.....79
44 – use a lubricant for your wedding night
45 – try as many sex positions
46 – wife rides husband's mouth/tongue
47 – sex with breasts/buttocks
48 - Move Your Penis Forward Up and Into Her
49 – powerful orgasms for husbands
50 – your brain is the greatest centre for orgasms
51 – women! don't try to have an orgasm
52 – THE SURFBOARD POSITION
53 - A Little Change Of Angles Can Make A Big Difference
54 - Contract Your PC Muscles For A Tighter Experience
55 - The Clip Position
56– Just Bend Over
57 - Spread your legs

58 - Prison Guard
59 – The 69 Position for Mutual Oral Sex
60 - Doggy Style
61 - Reverse Cowgirl
62 - The Slide
63 – head Hanging Off the bed
64 - The Eagle
65 - Missionary Slightly Altered
66 - Modified Doggy Style
67 – wife Against A Wall Bent Over
68 - Bent Over in the Rukoo Position
69 – an Orgasm producing position for the wife (i)
70 –Orgasm producing Position for the wife (ii)
71 – Sex On The Stairs
72 - Keep your Panties, Hijaab, and Abaya On
73 - Find Her G Spot
74 – stimulate your wife's clitoris
75 – four steps to give a wife a screaming orgasm through intercourse alone
76 – how to turn on your wife
77 – sexting eachother
78– enjoy a raunchy quickie
79–women have better orgasms between 1pm -5pm
80 – be spontaneous
81 – don't just have sex! make love
82 - amazing halal sex session checklist
Conclusion

Introduction

With the increase in exposure to sex worldwide, the need for married couples to be able to fulfil each other's sexual desires to protect their chastity has never been more pressing.

The sex drive is a natural part of any human being. It's vital that both partners have their desires fulfilled. Marriage is the only moral way to do this. So it's vital that these desires are fulfilled within marriage. If the married couple go for a long period of days, months, or even years without being fulfilled, then chances of the unfulfilled party of falling into illicit relations is heightened massively. This applies to both men and women.

A lot of books related to sex for Muslims focuses on what is haram. This book will NOT!

This book will only focus on the various ways to enjoy sexual intimacy with your spouse.

This unique book will focus on how to enjoy sex - Halal style.

It will provide you with an alternative Muslim friendly guide to a healthy enjoyable sex life, which will keep your marriage alive and exciting.

If sex within a marriage is not enjoyable and coupled with no romance, marriage becomes a boring, dry, daily routine. Its colourful flower begins to wither away and die. Having and enjoying great sex is the cornerstone to every successful marriage. This book contains how to spice up your life in the bedroom under the sheets. Once it becomes hot, sexy, and exciting, so, too, will the rest of your married life. Inshallah.

This book will place a strong emphasis in particular, on the fulfillment of the sexual desires of women. Unfortunately as a result of culture, Muslim women are seen as the ones whose job it is to merely satisfy their husband's pleasure, whilst sacrificing their own. Sadly, these good women, day after day, year after year, satisfy their husband's desires and receive virtually little to no pleasure in return. Some resort to masturbation, others, illicit relations with other men outside the boundaries of marriage.

Benefits Of Sex

The following are the benefits sex gives both you and your spouse. They are ten more reasons why you should be having sex apart from fulfilling your desires. To get full details of each benefit, just read about each online.

1. *You'll lose weight like you've gone to the gym.*
2. *Sex'll make you stronger.*
3. *Sex'll make you happy, happy, happy!*
4. *Sex'll strengthen your immune system.*
5. *Sex'll give you a **good** night's sleep.*
6. *Sex'll give your skin a natural glow.*
7. *Sex'll help reduce the risk of a heart attack.*
8. *Sex'll make you smarter.*
9. *Sex'll help relieve women who have headaches.*
10. *A natural remedy for people with fever.*

Married People Have Better and More REGULAR Sex!

One very clear inaccurate idea that is found widespread in movies is that single people have a better and more exciting sex life than married people.

Married men and women are often portrayed as sexually bored and needing to try something different with someone else to spice up their sex life.

However, research and statistics is indicating the opposite to be a more accurate picture.

http://www.psychpage.com/family/brwaitgalligher.html

The above article contains some very interesting findings. For full details, please refer to the book, The Case for Marriage by Linda Waite and Maggie Gallagher.

Single people involved in promiscuous relationships have to wear contraception all the times they have sex. Using contraception like condoms can dramatically take away the pleasure experienced by both parties. Married couples do not have such worries and can enjoy skin to skin contact. They can enjoy the pleasures of the flesh literally without having to worry about sexually transmitted diseases.

Married couples also have more sex than single and people in non-committed relationships.

People in non-committed relationships have "dry spells". Times, days, even months of no sex and lonely nights. Married couples have no such problems. They can snuggle up to their spouse and have sex every night.

So, if you want to enjoy more, and great, sex and companionship, then get married.

So, without further ado, let's begin on how to spice up your married sex life.

1- LADIES FIRST!

The desire for sex is like the appetite for food. The human man and woman have two mouths that need feeding. One mouth, on their head. The other mouth, down below. Both need feeding. And just like the hunger for food, the penis and vagina become hungry, too. As a husband, you should focus on pleasing your wife first and fulfilling her sexual desires FIRST! The great scholar named Ibn Tayimmiyah said, 'Providing the wife with sexual pleasure is more important for a man than him providing her with a house, clothing, and putting food on the table. The reason: The woman can hire herself out to fulfil the above needs or have them fulfilled through the support of family and friends. The sexual need and hunger can only be fulfilled by her husband.'

The longer the woman goes sexually unfulfilled, the greater the hunger and the greater the chance she will have these desires fulfilled through immoral means, such as masturbation, or through another relationship with a man outside wedlock.

So, it is in the husband's interest to fulfil her desires first, then his own. Whilst men can climax in a matter of minutes, women cannot.

Make it your primary aim to satisfy your wife first before satisfying yourself. She'll, in turn, then try harder to satisfy you.

2 – GET HER FIRED UP!

If you're a husband, then it's essential you understand this. YOUR WIFE IS NOT LIKE YOU!

Men become sexually excited very easily by what they see. You could look at your wife and she could turn you on just by looking at you sexily, or walking and moving and dressing in a sexy way.

Wives need foreplay! That's how they become stimulated and excited. Many wives don't climax during vaginal intercourse but through clitoral stimulation. Foreplay makes it much easier for them to climax, as they will be fully aroused. Their engines are cold and need time to warm up. Foreplay serves that purpose.

It should be done in a soft, tender, slow, and gentle manner. Make sure you don't hurt her as this will have the opposite effect to 'turning her on'.

Foreplay includes:

- *Passionately kissing or nibbling her ear, kissing behind her ear lobe (very arousing for the wife.)*
- *Kissing licking the base of her spine slowly and moving upward.*
- *Gently rubbing and kissing her arms, stomach, legs, and back.*
- *Stroking, caressing her legs including the calves, thighs, and under and upper side of the leg.*
- *Kissing her neck, throat, side of the neck, back of the neck from behind, both of you standing with the husband behind, squeezing her breasts rubbing her clitoris, and kissing her neck all at the same time.*
- *Gently kissing licking, sucking, and gently biting her neck/breasts and nipples.*
- *Moving your tongue slowly up and down against her nipple or in a circular fashion.*
- *Whispering and talking dirty, telling her how sexy she is.*
- *Kissing and licking her vagina.*
- *Kissing her and sucking her tongue (gently).*
- *Clitoral stimulation through gentle slow circular strokes or up and down.*
- *Sensual massage all over her body.*
- *Kissing or licking her stomach.*
- *Kissing the pubic bone area just above the vagina.*
- *Kissing her inner thighs, starting from the bottom making your way up to the inner part of her leg next to the vagina.*
- *Teasing her by touching the outer part of her vagina with the head of your penis but not inserting it.*
- *Whilst pulling her top off, pull it over her eyes and kiss her. Not being able to see you and what you're going to do is very arousing for her.*
- *Dry sex. The husband lies naked on top of wife whilst she has her knickers on and with his erect penis, he drives it into her. Doing this can quickly get her engine revved up.*
- *Talking dirty, whispering dirty things into her ear.*
- *Sending her dirty SMS messages.*

Foreplay with your husband may include:

- *Sensual Massage, with or without oil*
- *Kissing and touching the upper thigh to lower belly. He reacts to your kisses and touches*

- *Sitting on his lap and aligning your private part with his.*
- *Whilst eating dinner together, rubbing your foot against his private part.*
- *Placing a mirror and the wife standing next to him without clothes on.*
- *The wife talking dirty.*
- *Gently stroking the underside of the husband's penis.*
- *Stripping and dancing erotically*
- *Stroking his penis with your hands with his pants on.*
- *Stroking his penis with your foot under the table with his pants on whilst eating dinner.*

During foreplay, don't spend too much time on one spot or, your wife will begin to feel bored.

Even during intercourse you can return to foreplay to heighten the pleasure for her and it will help you last longer in bed, too, as it will be a short break for you.

Take each piece of clothing off slowly, one at a time. Her hijaab, niqaab, abaya, socks, bra, underpants, etc.

The prophet, Muhammed, said, "one of you should not fall upon his wife like an animal but there should be a messenger." "What is that?" the companions asked. "Kisses and talk." Kissing and talking dirty are key.

Get olive oil put it on your wife's chest and stomach. Move your hand up and down slowly around her breasts, stomach, and sides of her stomach, giving her a massage. It's a great turn on. Then, suck and kiss away at her breasts. Apply oil to her arms and legs, massaging slowly and gently, followed by kissing.

3 – GO REEEAL SLOW!

The Muslim ruler, Ali (Ra) said, "When you intend to have sex with your wife, do not rush because the woman (also) has needs (which should be fulfilled)."

Ever eaten a nice cake, slowly chewing as many times you could to make the pleasure of eating the cake last longer?

Muslim husbands, apply this to your sex life!

A sliding penis going in and out slowly can be exhilarating for both of you as it gives you both enough time to enjoy the feeling. Don't just make the penetration time longer. Make the whole experience last longer from the starter meal, kissing, sexual talk, foreplay, caressing, and the main course, intercourse.

Go slowly and gently. This is more arousing than fast, rough, and hard, especially at the beginning. Going slowly will also dramatically increase the husband's ability to last in bed.

Many men think fast, rough, and hard is great. Don't do this straight away. Slow is better for the both of you, especially at the beginning.

A lot of men have the idea in their head that going fast and hard is the way.

It's not! Women are glass vessels, and as glass vessels, need to be handled with gentle care. This goes for foreplay, too.

This is not a race. You should both try to keep and enjoy the experience for as long as possible. The longer it lasts, the more enjoyable it is likely to be for the both of you.

Women can take eleven to thirty minutes to climax whilst men can take two and a half to three minutes.

The slower you go, the longer the experience will last, and the longer it lasts, the more powerful the orgasm of both the husband and wife is likely to be.

Many men don't realise this fact. They look for the short orgasm and pleasure but don't realise they are really missing out on more powerful orgasms by simply slowing down, lasting longer without climaxing, and giving and receiving foreplay.

A man can have orgasms without climaxing, too, just like women.

As a man, once you ejaculate, it's over. Why cut the pleasure to two to three minutes? Why not keep the pleasure of your penis rubbing against your wife's vagina going for much longer? The longer it goes on, the more likely you both are to enjoy it. The longer and more she enjoys it, the more she'll want to have sex with you in the future. It's simple. Give her what she wants and she'll give you what you want.

Minimally, the husband should aim to last at least thirty minutes engaged in sexual activity. That time includes foreplay. Of course, there is no maximum time. For some, it can go on for an hour or several hours even.

At the end of the day, women enjoy slow sex MORE than fast sex. Just ask your wife. Get your wife to rub your penis gently, slowly. Then, get her to rub it rough and hard. You'll see the former is more enjoyable than the latter as the latter is likely to hurt you and give you less pleasure than the former. The rule is, if you are going to go fast (late stages of sex), make sure you're not being rough as this will kill her arousal, just as it will kill yours if she rubbed your penis roughly.

4 – BE A WILD ANIMAL WITH HER!

Sometimes, a wife wants you, the husband, to be a wild animal and not be the gentle prince. Gentle sex all the time can be boring. Spice it up with raunchy sex. Have sex with her as if it is the first time you've both met. Kiss her fast, tear off her clothes, her abaya, her niqaab, jilbab, hijab, her bra, and underwear, and just throw her onto the bed. Devour her. Pound and pummel her vagina in the missionary position. She wants it!

5 – DON'T BE SHY WITH HIM!

"The best woman among you is the one who discards the armor of shyness when she undresses for her husband, and puts on the armor of shyness when she dresses up again."

Many women want to behave seductive, erotically, with their husbands but fear their husbands will see them as "loose". This should not be the case. Dance for him erotically, he should love you more for making the effort to please him. People have affairs because it's new, exciting, sexy, offering them something different than their spouse is offering. If he/she is getting their desires and fantasies fulfilled in bed with you, there's no reason for them to look to someone else to give them amazing sex.

Don't always see your wife as your wife, see her as your girlfriend, your sex partner. This goes for the wife, too. Be as saucy, and dirty as you both can be toward each other. Learn to flirt and seduce each other. Throw fake Puritanism out the window during sex because having sex in a lawful manner is piety itself rewardable by God. Remember, each time you have sex with each other, it counts as a good deed like charity. Once, the companions asked the prophet, Muhammed, "Will we be rewarded for fulfilling our sexual desires?" "Yes, had you done it through adultery, you'd be punished. Likewise, fulfilling it through lawful means is a reward in itself."

6 – THINK DIRTY, TALK DIRTY, BE DIRTY!

Sexually explicit dirty talk outside marriage is wrong but there is nothing wrong with doing it with your spouse. Men love dirty talk. Why'd you think there are sex chat up lines with many customers being men? Most men are moved by sexual moans and sighs and the slow, heavy breathing of women. As a wife, become comfortable with a few oohs and aahs. Sexual talk will really light the fire of desire. You're married, use it.

To talk dirty to your wife, describe what you want to do to her rather than what you want her to do to you. You could initiate things by sending SMS messages, so long as no one reads it, describing what you want to do when you see her. "Caress", "thrust", and "make love" is great for women. Or, "I wanna get on top of you" and "..... I wanna lick/ suck ....." is more arousing as she will picture the act with you beforehand. Wouldn't it be great, having her or him picturing having sex with you within the moral boundaries of marriage? During sex, say each other's names with moans.

Or, talk about what you're gonna do to her different body parts explicitly. Make your voice sexy, deepening it a little for her. There is nothing wrong with the married couple being sexually explicit. Be really as sexually rude, explicit, and naughty with each other. Dirty talk during sex is one of the fastest ways to really make the sex steamy. Use X rated vocabulary. You're married! Enjoy it, embrace it. Keep it alive with great dirty talk.

7 - MARRIAGE IS THE GREATEST OPPORTUNITY TO ENJOY SEX

For some reason, many people become dirty, naughty, outside the boundaries of marriage. Many couples can act 'pious' within marriage.

It is definitely one reason for extra marital relationships.

One reason is because the other relationship is offering exciting sex that the marriage is not offering. Marriage is an excellent opportunity to have your dirty, erotic desires and fantasies fulfilled without having to worrying about catching diseases, ruining families, and other complications, which is what one faces outside marriage. Do all the things people do in immoral relationships as long as those things are not forbidden, such as anal sex, etc.

8 – GIVE HER GREAT SERVICE AND SHE'LL KEEP BUYING!

If you had a product or a service you did not like, then you'd most likely want your money back, exchange it, or, get the product or service from someplace else, right? Women want great sex.

Your wife is no different. Give her great sex! And she'll want more and more. As a husband, you won't have to try and convince her to have sex with you. She'll initiate sex. Otherwise, sex becomes a chore 'cos you're such a bore. Giving her great sex is to door to more sex. Sorry for the lame rhyme, but it's true. Don't you husbands forget it!

9 – FIND YOUR WIFE'S EROGENEOUS ZONES

There are certain parts of a wife's body, which, if touched, caressed, sucked, or kissed properly, will turn her on.

These are:

1. *The nape of the neck or back of the neck. Kiss and nibble her neck. Kissing her neck from behind, including the back of the neck and squeezing her breasts, moving them in a rhythmic circular motion can be very arousing. The husband could press his penis against her buttocks and run his hands up her inner thighs.*
2. *Spine. Many wives love having their hubby's tongue run down their spine and have the end of the spine area kissed and caressed.*
1. *Back of the knees.*

4. Buttocks. The husband should squeeze and caress these during intercourse, not just during foreplay, by grabbing her buttocks, spreading his fingers wide, and squeezing both of them firmly

5. Inner thigh. Slowly running his hand up this region can really arouse her.

6. Clitoris. The husband can expose her clitoris by spreading the lips of the vagina and gently pulling back her hood, then use your middle finger pad and make circular movements, side to side or up and down. Be very very gentle, like you're stroking her with a feather. Do it at a slow, gentle, consistent speed. This applies to kissing, too. This can be a real turn on and can lead a woman to have a clitoral orgasm. Use olive oil or any lubricant to add smoothness and reduce friction, which can cause pain. It'll add to her pleasure, too.

The husband should take the clitoris in his mouth and kiss, lick, suck on it gently. This can be done lightly or hard or a combination of both.

8. Breasts. The husband can suck kiss, lick, and nibble the nipples. He should squeeze, caress, and suck these during intercourse. This can be done slowly. He could lick the tip of the nipple, too. Hold one firmly even and do the above.

9. Lips. Kissing can be a very arousing for both the husband and wife.

10. Kissing her vagina

10 – WOMEN HAVE ERECTIONS LIKE MEN!

Did you know your wife's clitoris becomes erect just like your penis? A woman's clitoris is made up of the same erectile tissue as men's penises. Through dirty words, foreplay, clitoral stimulation, or with the stimulation of the vagina through the insertion of your finger, the clitoris should become erect. When it does, once the penis is inserted, the pleasure of your wife and yours will be heightened dramatically. GET HER HARD AND ERECT NOW!

11– STIMULATE HER IN MORE WAYS THAN ONE!

Just because you're penetrating her vagina does not mean that's the end. Maybe you, the husband, could stimulate her clitoris whilst simultaneously giving her pleasure with the insertion of your penis. Insert your penis into her vagina from behind and stimulate her clitoris with your right middle finger, with the other hand squeezing her breasts and buttocks, and kiss her neck, all at the same time. This way, she is getting pleasure in four ways.

In the missionary position, you could insert your penis into her vagina and kiss one breast whilst rubbing and squeezing the other. You could both stand with you, the husband, entering her from behind. Now, penetrate her, give her clitoral stimulation with one hand, kiss her on the neck and earlobes, turn her head and kiss her lips, squeeze her breasts and buttocks, with the other hand, and talk dirty into her ear. Now, she gets your penis, clitoral stimulation with one hand, kisses on her neck and her lips, breast and buttock stimulation with the other hand, AND sexual dirty talk in her ear. That's SIX different ways she's getting pleasure all at the same time. AMAZING HALAL SEX, ISN'T IT?

12– HAVE HOT SHOWERS AND BATHE TOGETHER, BEFORE AND AFTER SEX

Have a shower before engaging in sex. This will make you both more easily aroused and energetic. You will both be much more easily responsive during foreplay as it will awaken your senses.

Why not have a shower together after sex as well? It'll strengthen your bond and intimacy. If your other half is in the shower, quietly sneak in and join them. You could kiss and touch each other anywhere; very sexy indeed! Plus, it's sunnah! Be playful, throw water at each other. It'll reinvigorate you for more sex, too. You could bathe together in the tub. The hot water on your bodies and seeing and touching each other's naked bodies is very sexy.

13 – MUTUALLY MASTURBATE EACHOTHER!

Whilst standing facing and kissing each other, using olive oil on your finger tips, you could gently rub each other's genitals.

Kiss her neck from behind and touch and stimulate her clitoris. She could rub your penis from the front, standing.

Move to the bed whilst continuing to kiss each other, kneel on your knees, and carry on the mutual masturbation.

She could get on top of you, with her backside facing your face, and lick your genitals and you could do the same to her.

Remember, masturbation is not haram if your spouse is doing it to you.

14 – GRIND HER SHE'LL LOVE IT!

When your wife gets on top of you, what does she do? Grind you, right? Why? 'Cos this causes your penis to touch her pleasure button, her clitoris. By getting on top, you could move forward toward his chest with your breasts touching his. This should give you more clitoral contact.

The husband in missionary could shift his weight forward, which will cause his pubic bone to be on top of hers and touching. For mindblowing pleasure for the wife, have her close her legs and keep them together.

The husband enters her first, then she closes her legs, and he moves his legs to the either side of her legs. This position is called coital alignment.

This will narrow the walls of her vagina and both of you will experience greater rubbing of your penis and clitoris. The key is to get your penis to touch her clitoris. Gentle thrusts are enough to get her going. This means as the husband, you can last longer and easily. You don't need to pummel her twenty times as a few rubs against her clitoris will set her off wildly.

15 – CHANGE THE PLACE YOU HAVE SEX!

Sometimes, sex on the same bed can become rather dry. Spice it up. Do it in another bedroom, the living room, on the sofa, on a chair. The wife could sit on the sofa with her legs dangling in the air whilst the husband penetrates her. Or, the husband could sit and his wife could enter him with her back to him as if she is sitting down on the sofa.

Try the kitchen table, against a wall facing each other, or with the wife's back to her husband, or in the bathroom or on the floor.

What about on a water bed, or on a yoga ball?

Hire out a caravan for a weekend for you know what. Book a room in a hotel.

Why not in the countryside in a tent? What about in water? As a result of no gravity, the husband could easily lift his wife off the ground and have sex standing with her in a hugging position and her legs curled up around his lower back area.

The key to great sex is to not be afraid to practice and try different things, even if you don't get it right the first time. The wrong thing to do is to keep doing the same things over and over again and expecting different results and then wonder why sex is so boring and routine.

16 – GOOD SMELLS TURNS WOMEN ON

Bad smells are always a major turn off. So before kissing after a long day's work, take a shower and have some minted gum. A husband should always make themselves smell nice before having sex with their wives. It's a real turn on for women. Also, don't forget to shave your pubic hairs. Make sure the hair does not prickle her.

17– PLAY A GAME

Get twelve pieces of paper. The wife gets six you get six. On each, you each write down six sex acts you want the other person to do to you. Don't tell your spouse what they are.

Then, place the two groups of cards in two circles on the floor on their empty side. You could toss a coin to decide who spins first. If the husband goes first, he spins a bottle in the girl's circle of cards and does what the cards says. You could add more paper to add more sex acts and excitement. Download a sex dice app. Edit and add your own sex acts in. The partner roles the dice on their phone and the dice tells them what to do. You have to listen to the dice.

Lie in bed naked together and take it in turns to try and seduce one another to have sex. Each partner could have an allotted time to try and seduce their spouse. The seduction can involve stimulating any part of the body the seducer wants to touch, saying whatever they want. The one being seduced must try and resist. The loser is the one who gives in, ending up wanting to have sex.

18 – ROLE PLAY SEX

You could roleplay as well. One spouse plays the role of the innocent, pious person not wanting to have sex. The other spouse the hungry, horny, sinful person trying to seduce and overcome the resistance put up by the innocent, pious one. Change roles. One day, it's the wife who is the hungry one and another day, it's the husband. In the end, eventually, the resistance always fails and the pious one gives in to the dirty one and you end up having raunchy sex. This is amazing. Women tend to be the ones who have more control over their sexual desires than men. Here, they can eventually lose control to their desires.

Act as a pious tutor, either the husband is the tutor or the wife. The other spouse plays the student. The roles can change, depending on the preference. One thing leads to another. You could be praying together as brother and sister in faith. You find each other attractive and start talking to each other, going out together, flirting. She invites you into her house and you know the rest.

She's on your lap, reading Quran to you. You just can't help touching her sexually.

Other scenarios:

1. Doctor/patient

2. Teacher/student in class

3. Skilled manual worker and home alone female customer.

4. Airport security. You tell her she needs to take off her clothes for ''security'' reasons.

5. Role play husband and wife who are colleagues at office together and you both lose control. Make the table your office desk and have sex.

6. Your children are not home. The husband is the tutor. The wife, the mother, is home alone. He asks for a "quick few" minutes to discuss their progress.

7. Be the gentlemen Muslim brother who is just dropping a sister home late at night after a religious lecture. Her house is far away. At her door, she feels bad letting you go back by yourself so late. She allows you to stay and sleep at her house. At first, you refuse but eventually give in. You sleep on the floor but she's kind enough eventually to allow you to share her bed. But you put pillows between yourselves as a barrier between the two of you. You talk, getting to know each other more.

Eventually, you both "fall" into sex.

19 – SHORT BREAKS FROM EACHOTHER AND NO SEX CAN REVITALIZE THE RELATIONSHIP!

Maybe your wife can stay at her family for a week. The distance could bring you two closer. The wife on her period is a good thing that'll recreate hunger for each other.

20 – TOUCH HER HEART AND SHE'LL LET YOU TOUCH HER VAGINA!

Men and women truly are opposite. Many husbands think they can always have sex with their wives by touching them sexually, such as touching their breasts, and down below all the time. That's not the case!

Women fall into sex through romance. So, if you wanna have sex: Take her for a night walk. Take her to a romantic dinner. Date your wife! Give her a flower a week. That's better than giving her fifty once a year. The prophet said, "The most best of actions are those that are done on a consistent basis." Think about your life. Going to the gym is not rewarding and beneficial for you once every blue moon as going once a week, now is it?

Be consistently romantic with your wife through kind, romantic words about her beauty. Use rhetoric such as 'Your eyes are like pearls.' If you find it hard as you've never been romantic or are not the romantic type, send SMS messages with love messages. Show her you care for her and not just her body for mere sex.

Hold her in your arms, hug her. This is a HUGE DEAL for women. Women love hugging and cuddling up. Ever wonder why some single women like to snuggle up to a teddy bear at night?

Sit on a tree with your back supported and she sits with her back and head against you. Lie on grass in a park together, holding hands, and look at the sky. Go walk on a beach. Hold her hand and kiss her. Women become annoyed and angry at the smallest things but they also appreciate the smallest of kindnesses, too. Use it to your advantage. Oh, husband, rock her heart and then you can rock her in bed. BUT, make sure you rock her in bed, too.

21 – MAKE NOISE WHEN SHE PLEASES YOU

This goes both ways. As long as it is real and not fake, it's great feedback for the other party as they know they are doing things right. You'll please each other more and enjoy each other more. Release your voice and be loud. It can make sex simply mindblowing as opposed to stifling and suppressing your voice and keeping things down. Relax. Make sexual moans of delight and scream. Get sound proofing in your room and house if you fear others will hear. Play something loud like an action movie on your iPad to block out the sound. Just make sure you release your voice and cry moans of delight during sex. It could be the x-factor for average sex and amazing sex.

22 – (I) GO TO THE SHALLOW END

Take your penis and enter just the head of it at the entrance of her vagina in and out real fast. The good news is you won't feel much sensation but for her, it's amazing. One of the most sensitive sexually responsive parts of your wife's vagina is located at the entrance. Go in and out with just the head of your penis at the entrance real fast in missionary position and it should make her wet. Do this regularly and she should pour out with her own sexual fluids. You can keep doing this and she should gush with her own water. She'll be a very satisfied customer. Remember, the outer third of your wife's vagina is the most sensitive, NOT the deep, inner part as many people think.

23 – (II) GO TO THE SHALLOW END

Take the head of your penis. Apply lubricant. Then, rub the outer parts of your wife's vagina. Hold the base of your penis and vibrate the of your penis head against the outer parts of your wife's vagina. Vibrate it especially against her clitoris.

24 – VARIETY IS THE SPICE OF LIFE

Changing sexual positions and sexual techniques will make your wife's desire skyrocket. It will increase the chances of her climaxing. So do it. Don't stick to the missionary position and think that's enough for her. It's not! Mix it up! There are literally over hundreds and hundreds of different sex positions. Learn them and apply them. Making mistakes is fine. Experimenting will be fun and different than the mundane missionary position.

25 – ALLOW HER AROUSAL TO FLOW THROUGH HER BODY

Use kisses and tenderness to increase her arousal gradually. DON'T try to give her five minutes of pleasure as her arousal will be limited to just her genital area. Women take longer. Let her arousal flow through her body. The tortoise wins the race, not the rabbit. Give her time to gradually build up her arousal.

26 – KISS AND CARESS HER ALL OVER

Don't just kiss and caress her genitals. Kiss and caress her everywhere. And I mean, everywhere.

Kiss as many different parts of her body as possible. Kiss her arms, legs, back, and stomach. Gently touching, stroking, sucking, and licking your wife's neck, back, stomach, nipples, thighs, vagina, and clitoris are enough sometimes to cause an orgasm.

27 – COMPLIMENT HER BODY DURING SEX

Women are generally insecure about their weight and their looks. They are even more so when naked in the bedroom. That's why they turn off the lights. Compliment her beauty.

Don't say 'these breasts are...' Say, 'your breasts are.' Adding the your is the x-factor to reducing her insecurities. Make it clear how attractive you find her. She needs to know.

28 – PLAY WITH HER BREASTS

Play with her nipples and gently sucking her nipples and breasts can make the vagina wet and ready for intercourse. Only enter wife's vagina when she is fully wet and ready for you. Ask her to tell you when she's wet. It's the most obvious way to know if she's been fully aroused by you or not. Only then do you enter her with your penis.

29 – USE A MIRROR DURING SEX

If you don't have a mirror, where you can see what you're doing to each other during sex, on the bed or elsewhere, then it's time to get one. It'll be incredibly arousing for the both of you.

Having a full length view and being able to see what you're doing to each other really is very sexy. Imagine he's fondling your breasts from behind and kissing you on your neck whilst you can feel his penis pressed against your buttocks. All of this is in full view in front of a mirror. What if you could see each other in missionary position entering in and out of each other. What if you, the wife, could see your husband entering you from behind or from a side view? GET A MIRROR NOW!

30 – EAT EGGS TO PRODUCE HARDER AND FASTER ERECTIONS

The more firm or harder your erections are, the more pleasure for the both of you. Eat eggs as they will not only give you this, but they'll give you more regular erections, too. And after ejaculating, you'll get an erection faster to give her more pleasure.

31 – HOW TO GET LONG, HARD ERECTIONS

The more regular erections the husband has, the harder his erections are likely to be.

Each time he has an erection, he is exercising the smooth muscles responsible for producing erections.

Lack of sex will lead to weaker erections.

Every day, get olive oil and with your left hand, rub your hand onto your penis up and down slowly. Start from the base of your penis and rub all the way up to the top slowly and consistently. Contract your PC muscles if you want to increase the blood flow, further making your erection extremely hard. Keep rubbing and bring yourself to near ejaculation. BUT DON'T! Let yourself and your desire subside for ten second when you reach this point. Then, when your desire to ejaculate has subsided, begin rubbing again. Rub yourself again, reaching the point of ejaculating then stopping and starting again. This will train your mind and penis to not ejaculate too quickly and train you to have greater control over your ejaculation muscles. Use a mirror to see yourself from a side view, if needed. Do not ejaculate as this is haram. You could stand and do this. Or, lie on a bed and your wife can do this for you.

Doing this exercise, called edging, every day for twenty minutes will:

1. Increase the firmness and hardness of your erections. It can make your erections and penis extremely hard, giving you and your wife more pleasure during intercourse.

2. It will strengthen your ability to control yourself from not ejaculating too early during intercourse.

3. Great remedy for erectile dysfunction.

4. Increases sexual stamina.

5. Remedy for premature ejaculation as it will desensitize you.

6. It helps you develop a harder, larger, and healthier penis.

7. It allows you to reach your peak hardness for a larger amount of time.

8. Allows you to discover dry orgasm during intercourse after a few months.

32 – AROUSE HER WITH YOUR BEHAVIOUR

Men are turned on by women's appearance. Women are turned on more through how you behave and make her feel. Turn your attention to how you make her feel. Make her feel beautiful, precious, and protected. If you wanna turn her on in bed, behave very manly. Maybe deepen your voice a little, too. Take control in bed.

33 – SLEEP NAKED TOGETHER

Don't put your clothes back on after sex. Keep them off. Sleep naked together. Make sure your naked bodies are touching. The husband could sleep with his arms around his wife. If it's not comfortable, do it until she falls asleep. Alternatively, she could place her head onto his chest whilst naked and nod off. The feeling of sleeping with nothing on is very powerful.

34 – WEAR SEXY LINGERIE

Drive him wild with desire. Invest in some sexy lingerie. Be as kinky as you can. The wife should want her husband's eyes on her and vice versa. Make him go crazy. Go and get some lingerie from Victoria's Secret. Why not dress up in niqaab with transparent abaya and have sex in it? Or, in a sexy hijaab. Look around, shop around. Don't forget, in front of your husband, you can wear whatever you want. No matter how little and sexually provocative it may be.

35 – RE-ENACT YOUR WEDDING NIGHT

Put on your wedding clothes and role play your wedding night. Make it as real as possible as if you're in the bedroom together for the first time. Do the normal things such as the husband offering a drink, the wife acting really shy in front of him. Have a conversation as if you are getting to know each other more for the first time. This is a great chance to right the things that may have gone wrong on the wedding night, if any.

36 – MAKE A MOVIE

Put your iPad on and record yourselves having sex. Place an iPad or your phone against a pillow and record yourselves.

Get a close up of the husband's penis entering your vagina. Have him enter from behind with you bent over. Get a side on view, maybe frontal view.

Watch it together afterward, naked. But delete it on that same night. You don't want this to fall into the wrong hands.

37 – USE LUBRICANTS

If you wanna make your sex sensual and amazing, adding a lubricant like olive oil really can make all the difference. The husband could place some on the head of penis and enter his wife.

Don't put too much or it will be too slippery and have the opposite effect. It'll make entering the wife painless for her as the husband's penis will simply slide right in. KY jelly is an excellent lubricant and can help your wife climax faster.

38 – WIFE ON TOP POSITIONS ARE THE FASTEST WAYS FOR HER TO HAVE ORGASMS

The wife should get on top, with her husband lying on his back. She should lean back, resting her hands on the bed behind herself. Or lean forward, resting her hands above his head. The angle created will increase clitoral stimulation. The wife should grind her husband's penis. This position is one of the fastest ways for the wife to achieve orgasm. In fact, wife on top positions are the fastest way for the wife to achieve orgasms. The husband should place his hands under his head, lying relaxed. If the husband is afraid he will ejaculate, he should, from the beginning, breathe slowly and deeply, and keep his sexual emotions under control. It may be best to not express them until after the wife has achieved her big O. This means no sounds such as groaning. Keep quiet and focus on her pleasure.

If you find yourself, as a wife, not having an orgasm, get on top and grind him. In this position, he could squeeze her breasts, talk very dirty to her, squeeze her buttocks with spread fingers, and run his hands up her legs.The wife should grind him slowly at first, building up momentum. She could bring herself to orgasm this way. Or, she could go really fast as if she is flicking her clitoris against his penis. Try different positions. Bounce up and down your husband. Grind him chest to chest with her breasts touching his chest. She could arch back, supporting her hands on the bed or on his thighs. Try the reverse cowgirl position. Don't forget to add lubricant to your penis. Women on top positions are great because the wife is now in control of her pleasure, thus making it easy for her to achieve orgasm because of her clitoris being stimulated.

39 – WAYS FOR ‘HIM’ TO LAST LONGER IN BED

There’s nothing more annoying for a wife to go through taking off her clothes, looking forward to having her sexual desires fulfilled, than her husband ejaculating within a few minutes after commencing sex. If this problem persists regularly, it can have serious ramifications on both the husband’s and wife’s sex life and, ultimately, their marriage.

So how does the husband prevent himself from ejaculating too fast and early?

1. Have sex more regularly. Studies have shown men who have more regular sex last longer in bed. The simple reason being, the longer a man goes without sex, the more easily excited and stimulated he becomes to sexual stimuli, which makes it easier for him to ejaculate and harder for him to last longer.

2. Penetrate her with the head of your penis. Don’t penetrate your wife with your frenulum part of your penis. Certainly not at the beginning. Penetrating her with your frenulum part of your penis is the part that will send you to ejaculate early. It’s the part that gets most excited easily and quickly. Don’t forget the front part of the vagina is the most sexually excited part so penetrating her with your head and not ejaculating early works well.

3. Control his emotions and voice sounds. During sex, you, the husband, should control your emotions and not focus on getting pleasure. Don’t make grunts or any sexual sounds. Stay calm. This will prevent you from getting too excited too quickly.

4. Make him ejaculate once before sex. Why not give him a hand job and make him ejaculate? When he’s ready with another erection, then have sex with him. The second time around, it will be harder and take greater sexual stimulation and time for him to ejaculate. In other words, he’ll last longer in bed.

4. Avoid dirty talk. If talking dirty to your husband will push him over the edge through your sexual moans and other sounds, then stop and withhold your voice and tongue.

5. Breathe longer and deeper. This is a simple fact. The more aroused you, the husband, become, the shorter and faster your breaths become. If you find yourself becoming too excited too fast, breathe slow and deep. If nothing else, works try this.

6. Remain still. If you, the husband, find yourself on the verge of ejaculating, pull yourself calmly out of your wife and become totally still without moving for eight to ten seconds. If some positions, such as the missionary, get you too excited too fast, change positions or penetrate your wife slowly.

7. Stop start technique. Once the husband feels too aroused and he is getting to close to climaxing, he should pause for a period lasting between 5-10 seconds until his arousal subsides. He should repeat this technique for as long as is needed.

8. Squeeze technique. When he feels he is getting close, he should stop stimulation and squeeze right below the head of the penis, focussing on the urethra, which is on the underside of the penis.

9. Use a desensitizing condom. The downside to using a condom, of course, is it can make the pleasure less intense for both the husband and the wife and cannot be compared to skin to skin contact.

10. If all else fails then there is a quick fast step for husbands to last longer. Use stud 100. It’s a penis desensitization spray that reduces the penis sensitivity to sexual touches with the

wife's vagina. The husband should use it on the underside part of the penis just under the head. As that is the most sensitive part of the penis that causes ejaculations.

Try and use all the techniques above, especially steps one to five. Step ten is the easiest fastest and most effective method to delay ejaculations.

40 – DO PC MUSCLE EXERCISES

Have you ever wanted to really urinate but had to hold it? That muscle you use to hold your urination is called the PC (Pubococcygeus muscle). It's also the muscle responsible for allowing the flow of urine out the man's penis or the woman's vagina. It also contracts during an orgasm.

By holding and squeezing the muscle every day, twenty times, the husband can strengthen this muscle, which, in turn, will give him greater control to prevent himself from climaxing too early.

After birth, the wife's vagina will widen, making sex not as pleasurable as when the first time the couple engaged in sex, when it was tight. By exercising this muscle, she can tighten her vagina.

During intercourse, if the wife squeezes this muscle it will narrow the walls of her vagina, causing it to tighten on her husband's penis, thus increasing the pleasure for both.

41 – MAKE YOUR WIFE EJACULATE!

Insert two fingers slowly inside your wife's vagina with the palm facing up. Clip your nails and apply olive oil on your hand and her vagina beforehand or you'll hurt her. The lubricant will allow your fingers to slide in easily. Move inside in a snail like manner. Don't twist your finger or you'll seriously hurt her. Once inside, your finger should touch a firm wall in her vagina, motion your fingers in a "come here" gesture, as if you are summoning someone to yourself. Keep going. Keep motioning. It should become sooooo intense that she should wanna scratch you or hurt you. At one point, she will say, "I need to urinate." Assure her she does not but is on the verge of ejaculating. Have another bedsheet on the bed because she may squirt like a water fountain. This single act, done slowly, will create a mind blowing orgasm for the wife. She'll love you and will want to have sex with you if you finger her correctly. For a new wife, just insert your forefinger. Her vagina will still be very tight. One finger should be enough to not cause her any pain.

42 – DO WOMEN HAVE SEXUAL DESIRES? CAN THEY CLIMAX, TOO?

Yes, they most certainly can.

Once the caliph Umar khattab was walking in the neighbourhood and whilst walking past one particular house, he heard a woman say, "The night is long alas I have no one to make love to me." Had it not been for the fear of hellfire, this mattress would surely be shaking (from adultery).

Upon hearing this, the next morning Umar went to find out about this particular woman as to the whereabouts of her husband to which he was told he was in the army and had been gone for months.

He asked his daughter, Hafsa, as to how long a woman can last without sex, to which he was told four months. A law was passed, making it obligatory upon soldiers to return to their wives within that time.

43- AGAIN! IT'S IN YOUR BEST INTERESTS AS A HUSBAND TO FULFILL YOUR WIFE'S SEXUAL DESIRES

Many selfish men only think about themselves when it comes to sex. They just quickly, like an animal, fulfil their desires and stop, leaving the woman sexually unfulfilled.

An unfulfilled sex life can cause a woman to see the husband as selfish and he is using her for only himself. It can cause her to hate him.

Ali (Ra) said, "Await the completion (climax) of the wife before disengaging, otherwise she will become your enemy."

A lot of men just reach their climax and disengage, leaving their wives frustrated.

It has been said, Give people what they want and you will get what you want."

Another quote: "Give and you will receive."

If a man is not satisfying his wife sexually, why is it a surprise to him that she makes excuses such as, 'I'm not in the mood' or 'I have a headache.'?

Imagine you did something for someone, knowing you were not going to get any benefit out of it, whether it be spiritual or material. Would you be motivated to do it?

If the wife knows she is not going to get anything except pain and unfulfilled desires then the only reason she'd want to have intimacy with her husband is because of the hadeeth about the husband sleeping angry with her.

A very sad state of affairs.

She gives and gives and gets nothing back!

However, reverse the situation. What if the husband did fulfil her desires? What would happen then?

It's very likely she will be very motivated to engage in intercourse with her husband almost every time he wants it.

Every time, she will anticipate and can't wait to enjoy the pleasure that she will surely receive and will more than readily have intercourse with her spouse.

It's pretty simple really.

When we enjoy doing something or had a good experience with something, we want to do it again.

If a customer has had a bad experience at a particular shop, would they want to go back there again?

Conversely, if the same customer had a good, enjoyable shopping experience at another shop, would they want to return and buy from there again?

It is very likely they would.

If the sexual experience for the woman is not good, she is more than likely to not want to repeat it and do it again. Unfortunately, a lot of women have to as it is their obligation to have an experience they find painful, frustrating, and unfulfilling.

And unlike customer service, there is no customer service manager they can lodge a complaint to.

Some women are pushed to have their desires fulfilled the haram way with another man, which is totally unacceptable. But a massive part of the blame has to fall on the husband.

The sexual desire, like the desire to eat, is always there. And there are always only two outcomes, either it is fulfilled the halal manner or it will be fulfilled in the haram manner. Either

way, it needs to, must be, and will be fulfilled.

The question is, which way will it be fulfilled? The halal way or the haram way? That is up to the spouses.

So, another obvious benefit of fulfilling her desires is enjoyable sex protects her from haram and helps lower her gaze as well as it does for the guy.

"The best woman among you is the one who discards the armor of shyness when she undresses for her husband, and puts on the armor of shyness when she dresses up again."

If you're a Muslim husband and want to have enjoyable sex more often, then give your wife an amazing experience. Secondly, you'll be protecting both her and yourself from immorality.

Your spouse is the only person you can practice your desires with, so do it well.

Imam Ghazali referred to it as the closest way to get an idea of what jannah is like. Give yourselves a chance to taste jannah. Become good at sex.

IF YOUR WIFE IS A VIRGIN

On the wedding night, don't be an animal and just jump on your wife. Talk to her. She is not a piece of flesh, but a human being created for you and you for her. Make her laugh. The more she laughs, the more relaxed she will be, and the more relaxed she becomes, the more receptive and easier she becomes to sex.

Give her a rose. Use romantic words.

Before commencing sex, don't forget to:

- *Pray two rakaah sunnah salat.*
- *Make the sunnah dua by placing your hand on her forehead and vice versa.*
- *Dua for sex.*
- *Use perfume attar, etc.*
- *Remove bad mouth and body odour.*
- *Dress attractively. Obviously beauty attracts ugliness repels.*
- *Shave pubic and underarm hair.*
- *Turn your mobile phone off. A phone ringing during sex can really kill the mood and spoil it for the both of you.*

Kiss her, caress her face, and her hair but don't head straight for her breasts or her vagina.

Don't forget to brush your teeth and remove bad odour. One of the most off putting things is to have to deal with a spouse whose breath could win a war.

The prophet used to first brush his teeth when he reached his home before he kissed his wife. Have a shower and make sure you both don't have bad mouth odour and body odour is not present.

Many women are self conscious about their naked bodies and may want to have intercourse with lights off or with dim lights, which can create a nice atmosphere.

Your wife may not feel comfortable about engaging in sexual intercourse the first night. As the husband, you should be understanding and bear in mind you have your whole life ahead of you to enjoy intimacy.

One quick thrust with the penis will do the job. She may feel very anxious and fearful of the pain she has heard about when having sex for the first time. It may be even easier if she sits on top of the man. That way, she is in control of it all.

If you're a virgin man, finding your wife's vagina for the first time can be tricky.

To make it easier, the wife may want to lie down with her knees bent and her legs spread wide. This will open up the vagina more, making it easier for the husband to penetrate his wife. Use lubricant or olive oil to make it easier to enter into her. The penis will more easily slide in with the application of olive oil.

44 – USE A LUBRICANT FOR YOUR WEDDING NIGHT

Newly married couples can face some real challenges when they initially marry.

Such as:

1. *The husband cannot achieve a really hard erection, making it hard for him to penetrate his wife every time.*
2. *The wife is a virgin and despite the hymen being broken, the vagina is extremely tight and still penetrating is hard for the husband and painful for her.*
3. *In attempting to penetrate her, he loses his erection. Sometimes, he can become frustrated by this.*

By using natural olive oil, the couple can overcome all the problems above.

The really slippery nature of the oil allows the husband's penis to slide in easily. It makes the experience extremely pleasurable for the wife as she will feel the penis slide inside her easily. There will be no friction, so no pain.

Also, a husband with a weak erection can penetrate his wife, too.

Once inside, his erection is bound to become much stronger and harder.

It can be used on the wife's breasts, vagina, and other body parts, making the experience more sensual when stroked and caressed.

Make sure you don't use olive oil on a condom as it will damage it.

45 – TRY AS MANY SEX POSITIONS

It's very hard to have an exciting sex life when doing the same positions over and over again. According to some research, the average couple experiments and use one to three positions to have sex. How booooooooooring! Try as many positions as possible. There are virtually hundreds. So, now you both have no excuse to complain of married life being boring. If it is, then it means the romantic or the sex department needs working on. Below are some in no particular order. Bear in mind, sex in the anus is prohibited.

46 – WIFE RIDES HUSBAND'S MOUTH/TONGUE

The husband lies on his back on the bed. His wife starts sliding her vagina against his tongue. Apply some olive oil on the vagina and dab some on the tongue. She's in control and can go as fast as she wants.

47 – SEX WITH BREASTS/BUTTOCKS

By applying olive oil on the wife's breasts, the husband could slide his penis between the wife's breasts. Squeeze her breasts and press them against your penis as you slide up and down them. Anal sex is not allowed but as a husband, you can slide your penis in between her buttocks. This is a great turn on for men.

48 – MOVE YOUR PENIS FORWARD UP AND INTO HER

If the husband is on top in the classic missionary position, he should move his penis forward up and into his wife's vagina, instead of going in and out. This will ensure you touch her clitoris her place of paradise. He could move his entire body in a rhythmic circular motion so when it comes to getting inside of her, he is moving forward and in as opposed to just in.

49 – POWERFUL ORGASMS FOR HUSBANDS

Lie down on your back on the bed with your legs flat and apart. Put some olive oil on your penis. Get your wife to gently rub her hands up and down your penis. She should have some olive oil, too. Focus on just the pleasure. Look at the ceiling. Don't be afraid to make grunts of pleasure and other sounds of pleasure. Feel free to make as much noise as you want as long you are alone together in the property.

The wife should start slow with feather like touches.

Bear in mind, your husband's pleasure points on his penis are: the frenulum, the area located on the underside of the penis, and the corona.

You, the wife, could use the pad of your thumb and move it in a circular motion against the frenulum. Speed up as your husband starts to become more and more excited. Eventually, slide your hand up and down his penis fast. Make sexual moans as you do it.

Increase speed but not her grip. You, the husband, should keep looking at the ceiling until you ejaculate. Looking at the ceiling and with your mouth open and eyes slightly closed will give you a powerful orgasm that no words can describe.

Hopefully, you should feel the orgasm in your brain, not just your genitals.

50 – YOUR BRAIN IS THE GREATEST CENTRE FOR ORGASMS

This is one of the greatest secrets of sex. If you thought that the greatest place to feel an orgasm is the genitals area alone, you are gravely mistaken. The brain is the place you wanna feel an orgasm, for both husband and wife. Nothing beats it.

So, how do you feel an orgasm and transfer your sexual pleasure from your genitals to your brain?

Easy. Look up to the ceiling, keep your mouth open slightly, and keep your eyes closed slightly. This is the face people make when they are really enjoying sex. Do it and you should feel the pleasure in your brain, which is more powerful than feeling pleasure in your genitals alone. You could use this in any sex position. It really heightens the pleasure. Don't forget, the louder the sounds you make during sex, the more mindblowing it is likely to be.

51 – WOMEN! DON'T TRY TO HAVE ORGASMS

A lot of wives make the mistake of trying to climax and have an orgasm. Many don't have one. Too many wives spend their time during sex 'trying' to have an orgasm. Or chasing an orgasm.

The best way to have an orgasm is to not try and have one. Don't chase it. Let it come to you. Just surrender your body to pleasure and sensation. Enjoy the sex. Focus your attention on enjoying sex. By not doing this, you'll not enjoy the experience and if you don't enjoy the sex, you won't have an orgasm.

Same is true for men who find it hard to have an erection. Enjoy the sexual touches of your partner and don't worry about getting an erection; the erection will come. Make the goal of sex to feel good and gain pleasure, NOT HAVE AN ORGASM!

52 – THE SURFBOARD POSITION

Get your wife to lie down on her stomach. She could place her chin on her arms or a pillow to support her head. Place a pillow under her stomach. Spread her legs out. Get on top of her. Enter her in a board surfing position. When you thrust, go slowly. This position can be deeply arousing for husbands. Going in too fast could cause you to ejaculate too early.

53 – A LITTLE CHANGE OF ANGLES CAN MAKE A BIG DIFFERENCE

In the missionary position, the wife could change the angle of her legs. Each slight change in angle, whether opening up her legs and making them wider for deeper penetration, or closing her legs making her vagina tighter, can be the difference between boring, repetitive sex and orgasmic delight! Make as many slight changes in angle as possible by slightly opening and closing your legs. You both should feel the difference. With her legs dangling in the air wide, enter her doing press ups. It's amazing! Hold her by her calves with her legs wide and you on your knees and slide in and out of her. Bring your wife's legs close together for a different amazing feeling. With the husband's arms down, the wife could bring her legs up rest the back of her knees and calves on his arms and he then penetrates her nice and deep. This position will send you both to heaven. The husband could go slow or pummel her. Careful you don't hurt her by slipping out of her vagina and hitting the outer part of her vagina. This is very painful. The wife could also rest her feet on her husband's buttocks. Now you're gonna wanna have sex every time.

She could place her feet flat on his chest whilst he slides in and out of her for OMG sex. She could place her feet onto his shoulders. She could lay her legs from her buttocks to her toes completely flat, widened or tight. She could wrap her feet around her husband. Do the coital alignment technique (page 29.) He could penetrate her in a circular motion, which will bring both of you a different feeling. Sitting on his knees, he could slide in and out of her whilst putting his weight on her breasts and squeezing them. Because missionary is the most common position in sex, varying the different sex positions and techniques in this positon is one of the fastest ways to break monotony and boring sex.

Is sex boring now? NO! Couples make it boring. God has made sex extremely pleasurable. It's the couples who aren't trying to make it pleasurable for each other.

Now then, fellow husband and wives, get in the bedroom and try these suggestions. Forget finishing the rest of this book. Fulfill your carnal desires in a halal manner! The best part is, you're both being rewarded for it.

54 – CONTRACT YOUR PC MUSCLES FOR A TIGHTER EXPERIENCE

Whilst the husband is penetrating his wife, the wife could contract her PC muscles. These are the muscles responsible for holding yourself from urinating.

This will make you both feel the experience and feel the full length and diameter of the husband's penis sliding and rubbing against the walls of the vagina.

The stronger the wife's PC muscles are, the tighter the grip her vagina will have on her husband's penis.

55 – THE CLIP POSITION

The wife gets on top of her husband but arches her back, supporting herself with her hands on the bed. She could place her hands on his legs for support, too. The angle created by arching her back exposes her clitoris more. The husband keeps his legs closed whilst you, the wife, straddle him. This is a great position to achieve orgasm as it makes it easy for her clitoris to rub against his member.

56 – JUST BEND OVER

Whilst standing, the wife should bend over and the husband should penetrate her. Once inside, the wife should then stand up. Now you can have sex standing up. Here, the husband can stimulate your clitoris, grab and squeeze your breasts, kiss your neck, and squeeze your buttocks. So, you, the wife, will receive pleasure in multiple ways. For height differences, the taller spouse should spread their legs more.

57 – SPREAD YOUR LEGS

The wife lays in the missionary position, her legs spread wide, bent, with her feet only touching the surface of the bed/floor. The husband licks and sucks her vagina gently as well as kissing it with his lips.

58 – PRISON GUARD

The wife bends over and her wrists are pulled back and held by the husband, who is standing behind and penetrating her. You can adjust your knees for any height differences. The husband controls the thrusting. This position allows for deep and forceful penetration.

59 – THE 69 POSTION FOR MUTUAL ORAL SEX

The wife can get on top of the husband, who is lying down. She puts her head above his penis with her butt and vagina hovering above her husband's mouth. Both husband and wife lick and mutually give each other oral sex with their tongues. To increase each other's pleasure, you could take it in turns to lick another's genitals so the receiver can focus purely on the pleasure.

60 – DOGGY STYLE

The wife can bend over then move onto the edge of the bed. This position allows for deep penetration and clitoral stimulation. The husband needs to be careful to not thrust too hard from behind as it can become painful for her. For the man to gain amazing pleasure, he should look up to the ceiling, keep his mouth open slightly and his eyes slightly shut. He should feel the orgasms in his brain.

61 – REVERSE COWGIRL

The husband lies down on his back on the bed. The wife sits on top, facing in the direction of his feet. Utilising firm grinding motions with her pelvis forward and back, you, the wife, can have a lot of clitoral stimulation, which will help you reach orgasm.

62 – THE SLIDE

With the wife on top and with her legs closed, she slides up and down his body. He is lying down just like the previous position above.

63 – HEAD HANGING OFF THE BED

The husband enters his wife in missionary. She moves off the edge of the bed with her head hanging down and he pounds her as hard as he can with his penis. The blood rush rush to her head, coupled with the penis pounding her, will be ecstasy for her.

64 – THE EAGLE

The husband sits on his knees in front of his wife, who is lying down. The wife places her legs into the air and spreads them wide apart. He holds her legs apart, varying the speed and thrusts. Great sex position.

65 – MISSIONARY SLIGHTLY ALTERED

With you, the wife, on your back, put a pillow under your butt, lift your hips, and pull your legs up and back toward your shoulders, as if you are folded in half. This allows your husband thrust more easily and for deeper penetration.

66 – MODIFIED DOGGY STYLE

The wife should lie on her stomach. Lift up your butt so your husband can penetrate you. The husband can hold themselves up in a press up position, or lie on top of you. This is a great way to increase the friction between the husband and wife's genitals.

67 – WIFE AGAINST A WALL BENT OVER

Here, the wife, standing, could bend over, supporting herself with her hands against against the wall to support herself. The husband enters her, adjusting his knees for height differences. Remember to talk dirty as this will heighten and spice it up.

68 – BENT OVER IN THE RUKOO POSITION

WITH THE WIFE STANDING again, bending forward in rukoo for salah position, with her legs spread a little, with a straight back, her hands resting on her knees for balance. This is the rukoo position for salah. The husband enters, using the wife's torso for support and balance. The husband should bring himself as close as possible to the wife, leaning slightly over to add power to his pumping. Role play as if she's praying in rukoo and the husband could touch her sexily, lifting up her abaya clothing, and entering her.

69 – AN ORGASM PRODUCING POSITION FOR THE WIFE (I)

She lies on her stomach. The husband should enter her by flattening her out with a pillow under her stomach. The husband lies fully flat on top of her. The husband should move up as high as he can and not try and stay even with her body. The husband uses the pillow to position himself and thrusts down. If the husband can last five minutes, then the wife should reach orgasm.

70 –ORGASM PRODUCTING POSITION FOR THE WIFE (II)

In the missionary position, place a pillow under her lower back. Once inside her, the husband should move her legs onto his shoulders. Here, the husband should place his hands between her and the pillow. Now the husband should lift her up so he is penetrating his wife in an up and in motion.

71 – SEX ON THE STAIRS

The wife kneels over in front of her partner on the staircase. The wife can use the both sides of the banister to support herself, the husband holds her hips to support and penetrate her.

72 – KEEP YOUR PANTIES, HIJAAB, AND ABAYA ON

“It can be pleasurable torture to play with each other over your underwear, teasing and stroking through the fabric,” says sex coach, Patti Britton, Ph.D. "You're building up the anticipation, so when you finally do have skin-on-skin contact, it'll be that much more explosive and exciting."

73 – FIND HER G SPOT

This is one amazing part of a woman’s body for pleasure.

If stimulated, it can give quicker and more intense orgasms.

To find the G-spot, insert the forefinger into the vagina and rest the finger tip on the front wall, about two thirds of the way along the vagina toward the cervix. You should feel a small configuration of muscles that are able to resist firm but gentle pressure.

Don’t forget, as a husband, you can give her an orgasm through her vagina, G spot and clitoral orgasm.

74 – STIMULATE YOUR WIFE'S CLITORIS

Master the art of stimulating your wife's clitoris. Many husbands don't realize this is important and believe an effective way of pleasuring the wife is to go in and out with their penis a dozen times. Did you know a few gentle rubs against your wife's clitoris will send her into a wild mode? So you don't need to work hard to get her to have an orgasm if you stimulate this part of her anatomy.

The wife's clitoris can be stimulated in the following ways:

- *By placing a pillow under her lower back in the missionary position.*
- *In missionary position, get her to lay her legs flat and narrow.*
- *In the missionary position, instead of your legs inside hers, place them outside hers. Her legs together or narrowed will cause the head of your penis to rub your wife's clitoris.*
- *In the missionary position, thrust into your wife in a circular motion as if you're stirring a drink with your penis.*
- *Coital alignment (discussed earlier)*
- *In the missionary position, place a pillow under her butt. Apply lubricant. Place your penis flat against her vulva with the head aimed at the clitoris. Stroke back and forth as if you were inside your wife's vagina. Each stroke will cause the penis to rub against the vulva and the head will hit the clitoris, causing her to go into an orgasmic mode. The penis stays outside the vagina the whole time.*
- *Use the pad of your middle finger to stimulate.*
- *Oral sex. Gently kissing, licking, and sucking with the lips and tongue.*

75 – FOUR STEPS TO GIVE A WIFE A SCREAMING ORGASM THROUGH INTERCOUSE ALONE

1. *Make her feel like she is the sexiest woman alive and let her know how much she turns you on. During foreplay, worship her erogenous zones.*
2. *Give extreme clitoral stimulation, oral or otherwise, as early as possible.*
3. *Encourage her to scream as loudly as possible and not be afraid of expressing her pleasure.*
4. *Stamina. Have your wife masturbate your penis daily, using the edging technique. Desensitizing yourself to her touches will build your ability to last longer in bed. It'll give you harder erections that are likely to cause her to orgasm faster, too.*

76 – HOW TO TURN ON YOUR WIFE

God created the sexual desire into nine parts. He gave one part to men and the remaining eight to women. But he covered it with shyness. (Hadeeth)

This hadeeth proves women have stronger sexual desires than men. That's why women can go on and on for a long time during intercourse. They can have multiple orgasms. Women have shyness that covers the sexual desire. A woman is actually''secretly horny.'' So why is she not grabbing her husband and wanting to have sex with him regularly? For the wife to act on her secret sexual desires she needs a few things.

1. The husband needs to ''wake up'' her sexual desires by drawing her attention to them in ways she will be responsive.

2. The husband needs to reassure the wife to act on her sexual desires freely without the fear of him judging her to be slutty. Encourage her to lose her shyness with him.

3. He needs to make her feel incredibly sexy and get over her insecurities about her body and go after him.

So, how do you all of that?

Remember, men are visual creatures. Men get turned on by what they see. A lot of men are addicted to porn and find it hard to lower their gaze for this reason. Men get sexually excited by what they see. That's why wives taking off their clothes and appearing naked in front of their husbands, will turn them on in a second. Women are turned on by what they ***feel*** *and* ***imagine****. The fact of the matter is, women's biggest erogenous zone is their minds.*

That's why just giving her gifts and taking her out to dinner will make her love you more and make her grateful but it may NOTalways turn her on. The way you get your wife to throw you down on the bed for steamy sex is through ***sexy stories****,(with yourselves as the characters of course)* ***sexy situations*** *role playing for example, and* ***sexy language****. Here's proof. Why do you think many women like to read romantic novels? The language used in these novels turns women on.*

*''She cried out, for he was there between her legs, and it was his tongue now touching her, tasting her, laving up her essence. –****Splendor***

Notice as mentioned previously, the focus is on what the man is doing TO the woman and not the other way around.She is the receiver of sexual pleasure.

*Her pelvis was pressed hard against his, gyrating pulling him even more deeply into the velvet warm walls of her femininity. –****Wild Abandon***

Believe it or not most romance novels contain this sort of language. Even more graphic language.

Can you see? A combination of the ***story****,* ***situation*** *and* ***sexy language*** *is what turns women on.*

If the wife sends a sexy picture of herself to the husband, wears no clothes in front of him that will turn him on.

For the wife ***language*** *and* ***imagery*** *are the things that will turn her on.*

Pick any story and you'll find ''innocent'' women who are suddenly unable to control themselves and cannot control their lust.

Romance novels are packed full of language specifically designed to reach the pleasure part of her mind that turns her on.

So, how does the husband deliver these things that will turn on the wife? Simple. Through text messages. Use the steamy material exactly as it is from romance books but change the pronouns from he to I (meaning the husband) and her to you meaning the wife.

*'**You** cried out, for **I** was there between **your** legs, and it was my tongue now touching **you**, tasting **you**, laving up **your** essence.*

Send the messages during the day. With sex text messages you can have secret dirty sexual fantasy based conversations with your wife. This will wake up her sexual desires. You'll be feeding your wife with sexual fantasies with yourself that she is designed to respond to sexually. Also, we know as humans we are more likely to say things in text than we are verbally. People say things and open up more through text messages. They are more likely to say more of what is on their minds. Imagine how much you'll both open up to eachother via text messages. Things that may have been hard to say verbally become so much easier via text.

77 – SEXTING EACHOTHER

SEND REALLY SEXY, EXPLICIT messages to each other's phones. Images should be avoided as this could fall into the wrong hands. The husband could be on your way home from work when he sends it. The wife could send one to her husband.

Examples of sexting:

- *When will you b home in bd w/ me?*
- *Get off early from work and come get me.*
- *I wanna taste your .....*
- *Get home so I can.....*
- *What you wearing right now?*
- *R u naked?*
- *Come and spread my legs*
- *Open me up wide for your penis*
- *I wanna slide down your penis*
- *My penis/vagina is dripping wet.*
- *I want to ride your penis*
- *I wanna make you wet w/ my juice*
- *On the bed w/o clothes*
- *My penis/vagina is so hot!*
- *I'm gonna suck it gd*
- *I'm gonna ram you*
- *Squirt all over me*
- *I'm gonna scream your name*
- *My legs are spread and ready*
- *I wana drill you with my penis.*
- *The head of my penis is warm bulging and wants to feel the warm walls of your vagina.*
- *I wana stand behind you run my hands up your legs up you abaya onto your chest and squeeze your breasts.*
- *I wana stand behind you, with my hard erect penis pressed against your sexy buttocks and run my fingers up your inner thighs and play with your vagina.*

78 – ENJOY A RAUNCHIE QUICKIE

You're both on your way out to meet friends, or go for dinner to your family's house. But she just looks so sexy and alluring in that hijaab jilbab and abaya. He looks sexy, too. Pin her against a wall. Kiss her hard. Kiss her neck from behind. Feel her up (her clothes on) from her legs to her vagina, and squeeze her breasts. Pin her to the bed and rock her world for ten minutes. Pummel her animalistically. Fulfill both your carnal desires. Having sex quickly is amazing! It'll bring a glow to the both of you.

79–WOMEN HAVE BETTER ORGASMS BETWEEN 1PM – 5PM

It's true, they do. A perfect reason to have sex after zuhr salat and then go to sleep for an afternoon sunnah nap.

80 – BE SPONTANEOUS

DON'T, DON'T, DON'T schedule sex. Don't agree on a time and place you're gonna have sex with your spouse. That is sooooo boring. It needs to be unplanned and spontaneous. There is nothing wrong with the husband planning his sexual moves in advance for future sex sessions but knowing when and where you're gonna have sex is a major turn off.

81 – DON'T JUST HAVE SEX MAKE LOVE

Is there a difference between making love and having sex? If you've experienced both, then you'll know the difference. Sex by itself is an animalistic act. Nothing wrong with it, as we are all horny, no matter what our beliefs. Making love, however, means during sex, you are emotionally connected to your spouse. It maybe because of one doing a very kind act for the other. When the husband penetrates, both can become emotional during sex. It's no longer a case of the penis just entering in and out the vagina. It's now a time for the couple to bond. Having sex is for pleasure. Making love, which can provide more pleasure, involves a deep bonding and connection felt between both spouses during intercourse.

82 – AMAZING HALAL SEX CHECKLIST

Tick off the checklist below to experience amazing halal sex during each session. See which ones you're doing as a couple and which ones you're not.

□ *Turn your wife on, through sexy stories, sexy situations, sexy language. Make her imagine a great hot sex scene with you. Touch her kiss her in a sexually arousing manner.*

□ *Roleplay.*

□ *Foreplay caressing kissing.*

□ *Dirty talk.*

□ *Have sex in different places at home or change the venue.*

□ *Try different positions.*

□ *Make yourselves smell and look good for each other.*

□ *Dress up for each other sexily. Be as sexily provocative as possible.*

□ *Behaving like animals for raunchy sex.*

□ *Wife should discard her shyness during sex.*

□ *Give her pleasure in more places than one.*

□ *Oral sex. Wife's vagina riding husband's mouth and tongue.*

□ *Fingering of wife's vagina.*

□ *Wife on top positions.*

□ *Wife being loud with her voice as opposed to suppressing it. (sure way to reach orgasm)*

□ *Before sex have a warm shower together and after, too!*

□ *Apply oil to the wife's body, breasts, chest, etc., and massage her all over.*

□ *Make sure you touch her clitoris with your penis during sex. Grind her the way she grinds you whilst on top!*

□ *Always use lubricant.*

□ *Wives should change the angle and position of their legs.*

□ *Pummel and pound her vagina.*

□ *See each other having sex in the mirror.*

□ *Record a sex video of yourselves having sex. Watch it together but delete it that night though.*

□ *Have sexual webcam sessions*

□ *Don't forget, different sex techniques make women climax faster.*

□ *Women can take control of their sexual pleasure whilst in missionary position by moving their legs into different angles and positions.*

□ *Enjoy a raunchy quickie.*

□ *Sext each other and send sex voice messages to each other.*

□ *Have phone sex.*

□ *Have dry sex (dry humping).*

□ *Give her vaginal, clitoral, or G-spot orgasms.*

□ *Give him a great hand job.*

□ *Flirt and seduce each other.*

□ *During sex, turn off your phones and stop all distractions.*

□ *Romantic nasheed playing in the background during a sex session.*

□ *Play sex games. Download a few sex games apps and play them together.*

□ *Wives should wear socks. Keeping their feet warm during sex will help them climax faster.*

□ *Have sex on the bed, sometimes under the duvet or sometimes totally naked and exposed.*

□ *Have sex with her hijaab niqaab on and her skirt down.*

□ *Get the wife to sit on your lap with her hijaab on, buttocks exposed, and giving you oral sex.*

Conclusion

That's it. There you have it. The guide to ENJOY AMAZING HALAL SEX.

Oh, just one quick story. A beautiful woman called A'isha bint Talha, once married the pious Umar ibn Ubaydillah. On their wedding night, he made love to her no fewer than seven times, so that when morning came, she told him, "You are a perfect Muslim in every way, even in this!"
So Muslim husbands, as you are the giver of pleasure, the onus is upon you to educate yourselves on pleasuring your wives.

AMAZING HALAL SEX truly is the key to keeping the heart of your marriage alive so get good at it, oh, Muslim husbands.

When sex becomes a chore for your wife, it means your marriage is in serious danger of becoming dead. Save it by applying the sexual practices and techniques mentioned in this book.

Apply these techniques to your sex life. And you will have such amazing, OMG sex that you'll both wanna tell a close friend but you can't. Why? 'Cos it's haram!
Now get in that bedroom and give your wife the greatest sexual pleasure she has ever had in her life!

May God give you a happy married life and make taste one of the greatest gifts he made. Sex. May he keep you and your spouse together eternally. United in love and mercy. Ameen.

About The Author

Layla Rashid is a happily married mother of two. She's been married for five years. She resides in London with her husband. She works as a sex therapist, helping Muslim women to discuss and solve maritial sexual problems.